

Kate's real body gets Oprah's seal of approval



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metro

Rainmen suspend star for entire year



Thousands rush to dream-job site

AUSTRALIA The chance to be the caretaker of a tiny tropical island in Australia has sparked so much interest around the world that a rush of applications crashed the website advertising the post.

The job, which offers a salary of \$105,000 to spend six months on the Great Barrier Reef island of Hamilton, has been inundated with hundreds of thousands of prospective candidates.

Local media said technicians had to restore the website (www.islandreefjob.com) after it could not cope with the volume of interest and crashed for several hours. Some sections are still not up and running.

REUTERS

Food pg 10



Cooking up a fish dish

Entertainment 12

Evolution of the jam band

Comment pg 5

Death of the coalition

Sports pg 8

Lawyer quits to play poker



Veteran Bill Maguire holds up his veterans' benefits card at Province House yesterday. Maguire says about \$700 of his \$1,000 monthly veterans' pension is clawed back. The NDP says more money for veterans should be included in this month's federal budget.

Pain of a veteran

Tories called on to increase support

RACHEL BOOMER
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Bill Maguire came back from Cyprus a changed man.

Flashbacks to the things he'd seen and done during his 1974 military service gave him post-traumatic stress disorder.

He drank more, and hid from his friends. His wife left him three years later.

But it wasn't until after his release in 2001, when Ottawa began clawing back \$700 of his \$1,000 monthly veterans' pension, that he contemplated suicide.

"I had the methods of my demise laying on the table," Maguire, who spent

"(The clawback) ruined me. I said, 'What's the sense of living? Every time I get my head above water, I get kicked in the teeth.'" Bill Maguire

37 years in the military, remembered yesterday.

"(The clawback) ruined me. I said, 'What's the sense of living? Every time I get my head above water, I get kicked in the teeth.'" Maguire spoke publicly yesterday at a news conference calling on Ottawa to include more money for veterans in this month's budget.

NDP MP Peter Stoffer said vets face waits of up to two years to get benefits. Disabled veterans are

handed a lump-sum pension when they're released from the Forces, and if they're traumatized from their service, they may not be able to manage it properly.

"In some cases, it's like giving a bunch of money to a gambler right before he goes into a casino," Stoffer said.

Stoffer believes disabled veterans should get a life-long pension in addition to that lump sum. He also argued that Ottawa should

set up clinics to ensure veterans — regular force and reservists — get followup medical care after they leave the military.

"These men and women are willing to put their lives on the line so you and I can have a good night's sleep," Stoffer said.

"What they need, we should be able to provide."

Veteran Gary Zwicker got a \$38,000 lump-sum disability payment after he was discharged in 2002. A year later, he was told that money would be clawed back. He lost his house, which he'd used the payment to buy, and ended up \$100,000 in debt.

Federal Finance Minister Jim Flaherty will bring down his budget Jan. 27.

Mooseheads fire GM after nine seasons

MATTHEW WUEST
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QMJHL Calling it the "start of a new era," Halifax Mooseheads owner Bobby Smith fired his general manager yesterday.

Smith, who bought the Mooseheads in 2003, relieved Marcel Patenaude of his duties after nine seasons, saying the decision was based on "six years of this franchise not being what I think it should be."

Head coach Cam Russell has assumed the permanent GM duties, effective immediately. The Mooseheads are 12-27-2 this season, 17th out of 18 teams in the QMJHL. They are coming off a failed run at a championship that ended in a shocking semifinal sweep.

Patenaude, who had a record of 295-233-81 (.484) with Halifax, took the club to the Q final in 2002-03 before Smith bought the team. He took them there again in 2004-05.

"This is not a kneejerk reaction," Smith said. "In six years, we've made the finals once and lost in the semis once. That is as close to what a team can expect."

"But you can't (say) this has been a superior team, and that's what I think we should be."

Russell has been head coach of the Mooseheads since 2006-07, but has no past experience as a general manager. Patenaude declined a request for an interview.

MORE COVERAGE PG 7



Marcel Patenaude

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Local



No refunds for clinic customers

LA Weight Loss clinics in the Maritimes that went under in December won't be giving customers refunds, CBC News online reports. Customers are getting letters saying the company no longer has any capital since it went into receivership. Across North America, the clinics are owned by individual franchise holders.

METRO NEWS SERVICES

Ready to fight outbreaks: Experts

Public health officials also seek streamlined inspection standards

PAUL MCLEOD
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If another listeriosis outbreak were to hit today, health officials say they'd handle it exactly the same way.

Health promotion and protection staff told the public accounts committee yes-

terday that they've got everything they need to fight outbreaks.

"If a similar event occurred today, we would take exactly the same steps," said Dr. Robert Strang, the province's chief public health officer.

"I'm very comfortable with our experience and our knowledge and our capacity

to deal with infectious disease outbreaks."

Last year, 20 people died from a listeriosis outbreak linked to Maple Leaf Foods. But no one was known to be effected in Nova Scotia and health promotion officials were sending out warnings within a day of it being discovered.

But one thing they do

think would help is streamlining the federal and provincial systems. Some facilities in the province fall under federal jurisdiction, while the rest are inspected by the province.

Mike Horwich, the province's director of food inspection, says bringing the two together would make the system more efficient.

"There's a significant movement to establish a Canadian food-inspection system. The federal jurisdiction, provincial jurisdictions and territorial jurisdictions are all looking at harmonizing standards," he said.

"The idea is we're all Canadians, we should all benefit from the same level of food safety."

Mayor ready with 'extensive' list for Ottawa

INFRASTRUCTURE Feeling Ottawa is ripe for the plucking, big city mayors descended on the national capital last night to push for infrastructure funds.

"We're ready to go, and show us the money," said Mayor Peter Kelly of the message he wants to get across. "We need to get underway with various infrastructure projects."

He said Halifax and the other 21 big cities have a list of projects to deliver since the Conservatives promised to spend more infrastructure dollars to stimulate the economy.

Kelly said they'll be meeting with the Finance minister, Transportation minister as well as NDP Leader Jack Layton and Liberal Leader Michael Ignatieff to press their case.

Kelly's wish list includes a new downtown library, a field house at the Dartmouth Sportsplex and renovations to the Metro Centre to name a few.

"And we have over \$100 million worth of underground water and sewage projects," Kelly said. "Our list is quite extensive."

Whatever money the feds are willing to put forward, Kelly said they're ready to take it and move ahead.

"The job-creation element is there, the investment in communities is there," Kelly said.

And it's a good deal for the province and the federal government because they'll get returns on income and sales taxes, Kelly added. JENNIFER TAPLIN /METRO HALIFAX

Eat this: Restaurant inspection site gets 1,000 hits per week

PAUL MCLEOD
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Industry reps once dismissed the idea of an on-line record of food inspections as something only the media would look at.

But the government says its website got almost four million visitors in its first week of operation.

"We got what we consider to be almost an unbelievable response," said Agriculture spokesman Leo Muise.

The website gov.ns.ca/agri/foodsafety/reports/ allows users to search the health-inspection histories of their favourite restaurants. It was launched in

late October and got a few hundred thousand hits in the first day. But the next day, after word spread through media reports, the site had 1.5 million visitors.

That number has now levelled off to about 1,000 per week, said Muise. Most of those take place on the weekend, when people are presumably preparing to eat out.

"The other thing we've seen is every person who's tapping on is probably checking on four or five establishments," he said.

ShareYourViews

halifaxletters@metronews.ca

Ice break No complaints



A group of Caledonia junior high students are all smiles as they leave the Dartmouth school yesterday. Halifax Regional School Board released students early because dropping temperatures made the roads icy.

16,000 Tigers battle 3,000 Axemen for ... the Earth?

JENNIFER TAPLIN
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It's a bit of an unfair fight, but Dalhousie is taking on Acadia in their latest rivalry.

The two schools are duking it out over "acts of green": They're participating in a CBC campaign and have challenged each other to commit an act of green for each student registered.

Acadia is aiming for 3,000 whereas Dalhousie has a heavier load of 16,000.

"We're being fair and also going for the gold. We're going for the big number," said Rochelle Owen, director of the Office of Sustainability at Dalhousie (and Metro's Clean Break columnist).

"It's simple things like changing incandescent (light bulbs) to CFL, committing to using a reusable mug ... or eating a vegetarian meal."

Dal's Rochelle Owen

Students register on a website, and then log their acts of green.

"It's simple things like changing incandescent (light bulbs) to CFL, committing to using a reusable mug, changing your holiday lights to LED, or eating a vegetarian meal," Owen said.

She said they picked on

Acadia instead of their traditional Halifax rival Saint Mary's because more students at Acadia signed up.

The competition officially starts today, but already Dal has 105 people registered who have committed 3,000 acts so far. Acadia has logged around 1,000 acts of green.

Owen said it's a friendly competition, but the logos for the Acadia Axemen and Dalhousie Tigers are posted in the Students Union Building.

"The Acadia Axemen is kind of cutting a tree, but that's their logo," Owen joked. "Of course, if you wanted to go the other way, a tiger isn't really a native species."



Dalhousie University student Rachel Doucet gets her lunch at the Dalhousie cafeteria after Aramark stopped using trays to save energy and reduce food waste.

metronews.ca

WHAT'S ONLINE TODAY

Video Kabul's "Bush Bazaar" is the one-stop-shop for goods from a nearby U.S. base at metronews.ca/world

Love Bytes Tips for hot dates on cold nights at metronews.ca

Video George and Laura Bush reflect on life in the White House at metro news.ca/world



Lotteries

Lotto 6/49: 20, 35, 36, 37, 39, & 49. Bonus 38
These results are not official.

Want to work in the foreign service?

Canada's ambassador to Bosnia-Herzegovina, David Hutchings, will speak to students at SMU at 1 p.m. Monday about Canada's role in the world and careers in the foreign service. Hutchings has worked in Cairo, Seoul, Riyadh, Moscow, Bonn and the Sudan. He's been an ambassador since July 2006. **METRO HALIFAX**

Budget trumps smoking

Halifax has no plans to ban smoking on busy streets

JENNIFER TAPLIN
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Halifax won't be following Truro's no-smoking lead anytime soon.

This week Truro town council voted to ban smoking on Inglis Place, a popular downtown strip. It's an effort to reign in loitering and smoke drifting into shops.

Halifax Mayor Peter Kelly said it's not something council is looking at for busy shopping streets like Spring Garden Road or Barrington Street.

"Probably, it's next to nil in terms of concerns raised (from residents)," said Kelly.

Rather, HRM council is focusing on the upcoming budget right now, he said.

Bernie Smith, president of the Spring Garden Area Business Association, said he's seen police ticket people for smoking within four metres of a window, doorway or air intake.

"People come out of the buildings and smoke outside on the sidewalk, but as long as they're more than four metres away, then they can do it," he said.

Store owners do complain about smokers on occasion, he added.

"There was one particular



A smoker lights up in a crowd along Spring Garden Road yesterday. Truro town council recently voted to ban smoking on Inglis Place, the town's main downtown shopping area; HRM Mayor Peter Kelly said there hasn't been a call for a similar ban here.

store that had trouble because there was one of these butt-stop things fixed onto a garbage can right outside. The staff was complaining the smell was coming in, but we got that dealt with."

And smokers' rights aren't much of a civil-liberties violation when compared to issues like the freedom of speech or religion, said

lawyer J. Walter Thompson.

"But I find the whole business of the nanny state and its viciousness and its interference with people's lives in the issue of smoking to be over the top," he said.

"There really is a class issue involved here. It's an issue of the elite of the community and ordinary people live. It's 'we know what's best for you

and we're going to crusade against smoking."

Bridgewater tried to ban smoking on public streets in 2008, but complaints forced them to scale it back to places such as playgrounds, beaches and cemeteries.

ShareYourViews

halifaxletters@metronews.ca

Polar dippers, skip the harbour

JENNIFER TAPLIN
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Raw sewage spewed into Halifax Harbour yesterday.

Multiple power failures and an unknown mechanical failure at the Halifax Wastewater Treatment Facility shut it down yesterday.

"We're not sure what happened at this point," said James Campbell, communications manager with the Harbour Solutions Project.

"What that means is the Halifax Wastewater Treatment Facility is not processing sewage right now, so untreated wastewater is going into the harbour on the Halifax side."

But facilities in Dartmouth, Eastern Passage

and Mill Cove are functioning properly.

He said they believe early morning power outages might have contributed to the problem.

The two southbound lanes of Upper Water Street were closed down yesterday to help with the repairs at the plant.

It's expected the work will take about three days.

There are no beaches to close in January, but Campbell is advising swimmers to stay out of the harbour until the problem is fixed.

"There are hardy souls who do polar bear swims and things like that we're not aware of, so we'd rather err on the side of caution and tell people not to swim in the harbour."

"There are hardy souls who do polar bear swims ... so we'd rather err on the side of caution and tell people not to swim in the harbour."

James Campbell

Five rescued from apartment building fire

BLAZE Fire trapped several people on the top floor of a Herring Cove Road apartment building yesterday.

"We had to rescue five people when we got here from the third floor," said Platoon Chief Mike Blackburn.

Smoke and fire clogged the hallways, leaving the windows as the only exit.

"We had to put a ground

ladder up to one window and a ladder truck up to rescue two individuals from the other side of the building."

Several people were taken by paramedics to the hospital for the treatment of minor injuries.

Police closed down Herring Cove Road in both directions for a few hours because of the fire.

Metro transit buses crash on icy roads

RACHEL BOOMER
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Icy roads caused two major accidents involving Metro Transit buses yesterday.

At 7:15 a.m., a car slid into a snowbank along Parkland Avenue near Castle-grove Park. A bus driver following the car hit the brakes to avoid the car,

and ended up in the snowbank as well, said Halifax Regional Police Const. Jeff Carr.

Five more cars then ended up hitting the snowbank or the bus.

Just before that, at 6:15 a.m., two buses slid into each other on Dunbrack Street at Willett Avenue. Both had to be towed.

No one was seriously hurt in either accident.

Police looking for stolen guns

THEFT Seven firearms were stolen from a Hatchet Lake house Tuesday.

The homeowners left their house at 10 a.m., returning at 12:30 p.m. to find their garage door was open and several items thrown about.

They also noticed seven of their guns were missing: Three rifles, two shot guns, one Beretta 9-millimetre pistol and a revolver.

RCMP say all the firearms appear to have been properly registered

and stored in the garage. Jewelry and a computer were also stolen.

Police are asking for anyone with information to contact them or Crime Stoppers at 1-800-222-8477.

JENNIFER TAPLIN/METRO HALIFAX

News in brief

PHONE Seaside Communications, a Cape Breton cable TV and high-speed Internet provider, will be launching a new telephone service in Glace Bay and Reserve Mines today. Customers will be able to keep their existing phone numbers, phone jacks, directory listing and 911 service is included. The company says persistent customer demand led to the new state-of-the-art service.

LAYOFFS Nine employees — representing a quarter of the workforce — have been laid off at the Keata Pharma plant in North Sydney. The employees, who were in packaging, technical services and administration, finished their last day of work Monday and will be considered first for rehiring when the company secures new work orders. The company is still looking for supply contracts in custom-drug manufacturing.

FLIGHTS The public is being invited to the Yarmouth airport Jan. 20 to learn more about the new scheduled air service that will be starting up next month. In February, Quebec-based Starlink Aviation is going to be offering air service that will be based in Yarmouth and fly to and from Portland, Maine, and Halifax. Tuesday's roll out of the service at the airport gets underway at 9:30 a.m.

METRO NEWS SERVICES

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DON JUAN

Officials in Ottawa are still working on evacuating nearly three dozen Canadians from the Gaza Strip, the Foreign Affairs Department says. In a statement released Tuesday night, the department said there are still 34 Canadians who have indicated they want to leave the troubled region. **CBC NEWS ONLINE**

Canada/World

Tories feel heat over climate

ENVIRONMENT Don't tell Canada's environment minister about "hope" and "change," the rallying cries of Barack Obama's election victory.

In the months to come, Jim Prentice must steer a complex proposal to essentially harmonize his government's much-criticized climate change plan with the one proposed by the Obama administration. The result will be a North American market for trading greenhouse-gas emissions credits, giving companies the incentive to cut

"The election of Mr. Obama and the determination and the clarity with which he has spoken on climate change really is a fundamental change."

Environment Minister Jim Prentice

their carbon footprint.

To do that, Prentice will have to change considerably the Tories' environment blueprint and hope that the hoopla over Washington's re-engagement in the global warming fight will bring the Conservatives the political breathing room they have been de-

nied for the last three years.

"The election of Mr. Obama and the determination and the clarity with which he has spoken on climate change really is a fundamental change in terms of the situation," Prentice said Monday.

TORSTAR NEWS SERVICE

Israel rebuffs truce

Israel said yesterday it would not agree to a temporary ceasefire in the Gaza Strip that Hamas could use to rearm, underscoring the gap between the two sides in Egyptian-brokered talks.

Hamas has rejected an open-ended truce, seeking instead a more limited six-month agreement that could be renewed, according to Arab diplomats.

"Israel will not accept a situation where Hamas gets a temporary period of quiet just to rearm and re-

Lebanese rockets fired on Israel

• The UN expressed alarm over reports of Lebanese rocket attacks against Israel, and urged all parties in the region

to avoid exacerbating the situation. Security sources in Lebanon said five rockets were fired.

group and that ends with further rocket barrages on Israel," said Mark Regev, spokesman for Israeli Prime Minister Ehud Olmert. "Israel seeks a durable quiet that contains a total absence of hostile fire from Gaza into Israel and a working mechanism

to prevent Hamas from rearming." Olmert's office said defence official Amos Gilad would travel to Cairo today for talks on a ceasefire after 19 days of fighting in which more than 1,000 Palestinians have been killed, along with at least 13 Israelis. **REUTERS**

Military contract 'negligent:' NDP

NAVISTAR NDP Leader Jack Layton yesterday accused the Tory government of "gross negligence" for allowing Navistar International to build 1,300 trucks for the Canadian military in Texas, while laying off hundreds of workers at an Ontario plant.

"We don't have that many times when we can directly provide so many high quality jobs," said Layton, of the awarding of a \$254-million contract to an order to be filled by 2010.

TORSTAR NEWS SERVICE

News in brief

CAMBODIA A Canadian man has been charged with sexually abusing two Cambodian girls aged 10 and 12, CBC News Online reports. Daniel Lavigne, 68, of Quebec was charged yesterday with having sexual intercourse and committing indecent acts with minors, officials said.

OLYMPICS The B.C. legislature will be recalled as soon as possible to deal with Vancouver's request for an amendment to the city charter so that it can borrow money to complete the Olympic Athletes Village, Premier Gor-

don Campbell said yesterday, CBC News Online reports.

OBAMA Alberta's oilsands, a vast oil source that critics say comes at a big environmental cost, will be on the agenda when Barack Obama visits Canada on his first foreign trip as U.S. president, said Prime Minister Stephen Harper. Harper told a Calgary radio station that he has been in touch with officials from Obama's administration even as the president-elect prepares for his inauguration next Tuesday.

METRO NEWS SERVICES



This handout from IntelCenter shows an Internet screen grab captured yesterday of Osama bin Laden. In an online audio message released on Islamist websites, the al Qaeda leader called for jihad (holy struggle) over the Israeli offensive in Gaza.

Bin Laden calls for jihad over Gaza strikes in new message

MIDDLE EAST Al Qaeda leader Osama bin Laden called for jihad against the Israeli offensive in Gaza in an audio tape that appeared on Islamist websites yesterday.

The Saudi-born militant said the global financial crisis had exposed the waning U.S. influence in world affairs and would in turn weaken its ally Israel.

"Our brothers in Palestine, you have suffered a lot ... the Muslims sympathize with you in what they see and hear. We, the mujahideen, sympathize with you also," bin Laden said. "We are with you and we will not let you down. Our fate is tied to yours in fighting the Crusader-Zionist coalition, in fighting until

victory or martyrdom."

The Israeli offensive to crush the Islamist Hamas movement in Gaza has caused widespread anger among Arabs and Muslims.

A White House spokesperson said the tape "demonstrates (bin Laden's) isolation and continued attempts to remain relevant." **REUTERS**

Wanted pilot arrested after plane jump

CRIME A pilot accused of parachuting out of his plane and letting it crash in an apparent attempt to avoid fraud prosecution by faking his death has been arrested, an investigator said Tuesday.

Marcus Schrenker, 38, is

said to have bailed from a single-occupancy plane as it flew over Alabama on Sunday.

Schrenker parachuted to the ground near Harpersville, Ala., got a police officer to give him a ride to a hotel and then fled, investigators said. **REUTERS**

News in brief

PERU The country's top court has ruled that workers cannot be fired for being drunk on the job. Pablo Cayo Mendoza was ordered to be restored to his job as a janitor for the town of Chorrillos, which fired him for being drunk at work. **REUTERS**



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Comment & Views

Comment

Eulogy for coalition

Tactic had a short, happy life in response to Tory ineptitude

Home&Abroad

Andrew Cohen

Canada & world insight

There is important news from Quebec this week. Gilles Duceppe, the leader of the Bloc Québécois, says that reports of the death of the coalition are greatly exaggerated.

He denies that it has been weakened by the surprising emergence of Michael Ignatieff as interim Liberal leader. And he has been unfazed by a poll that shows more Canadians would prefer an election than a coalition government.

So he thinks the coalition is solid, sensible and

viable. No one should ever say that Duceppe doesn't have a sense of humour.

The coalition? Do you remember the coalition?

It was created by the Bloc, the New Democrats and the Liberals before Christmas. It was a smart response to the government's ineptitude — from its paralysis on the economy (no stimulus, no deficit) to ending public subsidies for political parties (bankrupting the opposition).

It had a short, happy life, the coalition did, and it served its purpose brilliantly. It unified and mobilized the opposition against an arrogant government and forced its retreat. It humbled Stephen Harper, if that is possible.

It forced the intervention of the Governor General, who allowed the prime minister to prorogue Parliament and avoid a vote of

It unified and mobilized the opposition against an arrogant government and forced its retreat.

non-confidence that he would have lost. And it forced the Liberals immediately to oust Stéphane Dion, cancel their long leadership race and crown Ignatieff. Not bad.

But that's history now. Today, six weeks on, if Harper were to seek an election from the Governor General — rather than have her request that the opposition parties form a government — he would get an election that he would probably win.

But Harper also knows the risks of an early election. He has hurt himself in

Quebec, leaving an opening for a reinvigorated Liberal party. That's why he has reversed himself so dramatically on the economy, preparing a strong stimulus package with a swelling deficit.

This won't be enough for Duceppe, or for the New Democrats, who have the luxury of opposing it. But it will be more than enough for Ignatieff, the hawks in his camp notwithstanding.

The Liberals will support the Conservatives, the budget will pass, and the government will govern. The Liberals will begin to renew themselves, which will take time.

The coalition was always more a tactic than a strategy, a spicy Christmas confection, but it's now as dead as Jacob Marley.

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians*: Lester B. Pearson.



Letters

Auto bailouts can address real systemic changes

In further comment on the ridiculously excessive executive salaries, as Canadians we need to be asking how and when this folly can be amended.

A recent event where potential for some redress of these ballooning paycheques is the auto-industry bailouts.

Perhaps a reasonable model of modesty in executive compensation could be extended to other public arenas, such as school boards, hospitals, transit authorities and financial institutions.

So why has Stephen Harper not seized this opportunity to establish clear guidelines for exactly how this auto-sector bailout money be used? Aren't these extreme inequities and enemies of Canadian prosperity and unity worthy of attention?

The Canadian public is entitled to more than the lip service we have been given.

This has been and still has the potential to address some real systemic changes to how business is done in Canada for the benefit of all Canadians

and not just a privileged few.

KEVIN BROWN, TORONTO

Making consensual polygamy illegal infringes on civil rights

I'm not a polygamist. Frankly, one wife is more than enough for me. But I don't think it should be illegal.

It's a way of living that goes against our country's dominant religious moral beliefs, but that's no reason to make it illegal. Hopefully, that law will go out the door like so many other antiquated laws that go against our civil rights, like the now-abolished laws against interracial marriage in the United States, or the continuing debate against gay marriage.

It's true that some polygamous relationships have been abusive, but so are quite a few monogamous relationships. We already have laws, help lines and services to deal with these horrible situations.

I don't see what making consensual polygamy illegal does, other than infringe on people's civil rights to live their lives according to their religious or cultural beliefs.

GIAN MANCUSO, TORONTO

Views

Mother and daughter relationships – revised



Georgie Binks

Is it my imagination, or are there more mother/daughter duos out there these days who more closely resemble daughter/daughter teams? The only way to tell them apart is by their foreheads. Mom's brow is firm, courtesy botox, while her daughter can still scrunch hers up in displeasure.

With nips, tucks, work-outs, hair colouring and a lack of great clothes for women over 50 (so we borrow our daughter's), young women have to feel their mothers breathing down, not just theirs, but their boyfriends' necks. In my day, unless your mom was Mrs. Robinson, your

boyfriend fantasized about her baking, not her.

One of my girlfriends, 57, who works out, sports a great hairdo and cool wardrobe, boasts, "I love when I'm with my 30-something daughter and they think we're sisters — even better if that happens with my 21-year-old."

Naturally, daughters can't stand it. Drop-dead gorgeous, Samantha, 21, says, "Guys told me all through high school they loved my mom and it really bothered me."

My own daughter, 21, après one too many sister remarks, snaps, "What? Do I look like a 50-year-old woman?"

So what's a mom to do? Cancel the gym membership and embrace her outer greyness? No, says Dr. Karyl McBride, author of *Will I*

Ever Be Good Enough? Healing the Daughters of Narcissistic Mothers. "If a mother takes good care of herself and doesn't age as much, she can be a good role model for her daughter."

Just because you look like her best friend, don't try filling the role, cautions McBride.

"These days, mothers and daughters share information about dates and sex. It isn't appropriate. A daughter needs to be able to look up to the mother as the parental figure."

Recently, I read that Kate Hudson had felt intimidated by her mother Goldie Hawn when she was younger. Most of us aren't as successful or as gorgeous as Goldie, so, hopefully, our daughters wouldn't feel that way, nor would we want them to.

In my own house, official-

ly there's no competition. However, my daughter, unofficial winner of the swimsuit competition, is now taking me on professionally, which I did not see coming. Recently, I told her a story idea of mine, and she told me she was going to write about it for her school newspaper.

Shocked, I told her, "You can't. It's my idea."

"Don't you know you never tell another reporter your story ideas?"

There's only one way to win this, I figure.

Wait until those great new jeans are all alone in your closet and you're out. We're the same size, after all.

Just like sisters.

Georgie Binks is a freelance writer who writes for newspapers, magazines and websites.

It's your turn to tell others what you think. E-mail your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

The world's second richest man, Mexican tycoon Carlos Slim Helu, won control of a web address in his name (www.carlosslimhelu.com) for free yesterday. An arbitrator ruled the site that an Indonesian had tried to sell him for \$55 million US was registered in bad faith. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

U.S. HOUSING Mortgage applications in the United States jumped last week as record-low interest rates spurred the greatest level of refinance demand in 5½ years, data from an industry group showed yesterday. However, the number of applications for buying a

home remained near eight-year lows. Borrowing costs on 30-year fixed-rate mortgages averaged 4.89 per cent, down 0.18 per cent from the previous week, the lowest in the history of the Mortgage Bankers Association's survey.

REUTERS

2007 – S.H. No. 284849

IN THE SUPREME COURT OF NOVA SCOTIA BETWEEN:

MELISSA ANN CUMMINGS (Plaintiff) and **ELLEN METLEGE-FADDOUL** (Defendant) and **JENNIFER MAKI, TAMARA MARR, and MATTHEW MORRISON** (Third Parties)

NOTICE TO THE THIRD PARTY MATTHEW MORRISON PURSUANT TO COURT ORDER:

TAKE NOTICE that the Defendant claims against you in respect of the damages claimed by the Plaintiff, and in respect of her own damages by reason of her reliance upon you.

AND TAKE NOTICE that you will be deemed to admit the Defendant's claim against you, and the Defendant may enter judgment against you without further notice, unless within 20 days you (a) file your Defence with the office of the Prothonotary and (b) serve your Defence upon Margot Ferguson at Ritch Durnford.

For further information, consult the court file or contact Margot Ferguson at Ritch Durnford, 1200-1809 Barrington St., Halifax NS B3J 3K8 • Tel: (902) 429-3400 • Fax: (902) 422-4713



Share Your Natural Resources Expertise

A new natural resources strategy (NR Strategy 2010) for Nova Scotia's biodiversity, forests, minerals and parks is well underway and Nova Scotians are playing an important part in shaping the three-phase process.

Phase 1, Public Values, is almost complete. **Phase 2, Technical Expertise**, will begin soon and will tap into the province's diverse technical expertise in the four topic areas.

Nova Scotia residents with demonstrated expertise in any of the four topics – biodiversity, forests, minerals or parks – are encouraged to apply for a position on one of the four Panels of Expertise. In addition to providing input, panel members will conduct stakeholder consultation and develop a report and recommendations to the Steering Panel which oversees Phase 2.

Details and Panel of Expertise Terms of Reference are available online at www.gov.ns.ca/natr

Please forward resumé and covering letter outlining your qualifications by mail, e-mail, delivery or fax to the contact listed below. Submissions must be received by Friday, January 23, 2009.

Nova Scotia Department of Natural Resources
Re: Strategy 2010 Panels of Expertise
3rd Floor, Founders Square
1701 Hollis St. / PO Box 698
Halifax, NS B3J 2T9
NRstrategy2010@gov.ns.ca
Fax: 902-424-0594

NOVA SCOTIA
Natural Resources

Ottawa pledges to help rescue Nortel

The federal government pledged yesterday to help Nortel Networks Corp. emerge from bankruptcy protection.

"The government of Canada appreciates the importance of the telecommunications industry to our economy and will continue to work with Nortel during its restructuring through Export Development Canada," said Industry Minister Tony Clement.

The government agency has agreed to provide up to

"The government ... will continue to work with Nortel during its restructuring."

Tony Clement

\$30 million in short-term financing. EDC spokesman Phil Taylor said the agency's risk tolerance was higher than that of banks, but said its financing would not amount to a bailout.

Nortel, North America's

biggest telephone equipment maker, filed for bankruptcy yesterday, hoping to save a once high-flying business whose decade-long decline has accelerated with the global economic crisis.

Analysts said Nortel will have to shed assets.

A sharp slowdown in many of Nortel's major markets, especially the United States, has exacerbated its long-standing problems competing with low-cost rivals.

REUTERS

Putin the painter Art auction for charity



Women hold up a painting by Russian Prime Minister Vladimir Putin at a hotel in St. Petersburg yesterday. Putin's painting will be put up for auction for charity on Saturday, alongside two dozen other pictures by Russian celebrities with opening prices of about \$780 US each.

Magna denies eyeing Chrysler

AUTOS Magna International has denied it is talking to struggling Chrysler LLC about buying any piece of the automaker, including the Jeep brand. Industry sources say Chrysler is holding discussions with Renault-Nissan and Magna about the sales of assets.

Chrysler vice-chair Tom LaSorda also rejected suggestions the company is trying to sell plants or assets such as tooling for an existing vehicle.

Chrysler is one of Magna's biggest customers. It also assembles vehicles for Chrysler in Austria.

TORSTAR NEWS SERVICE

Economic slowdown hits Canadian media companies

MEDIA The economic slowdown has squeezed advertising spending and hurt quarterly financial results for Canadian media companies, triggering warnings of weaker results and credit problems.

Canwest Global Communications, which owns newspapers in every large urban market in Canada along with the country's Global television network, said yesterday it may fall short of certain financial covenants in its credit facilities if negative economic conditions persist.

Also yesterday, media

and entertainment company Corus Entertainment lowered its forecasts for its fiscal year 2009 due to a slowdown in ad revenue.

Another media company, Quebec-based Cogeco Cable, largely escaped the dour atmosphere, reporting a stronger quarterly profit helped by growth in its Canadian operations.

Montreal-based television and radio group Astral Media also dodged the downturn, helped by a big gain in sales and profit from its Standard Radio assets, which it acquired last year.

REUTERS

The DAILY BUSINESS BUZZ

Trade Centre head stepping down:

Fred MacGillivray will step down as president and CEO of Trade Centre Limited (TCL) on March 31. Stewart McInnes, chair of TCL, said MacGillivray played a lead role in attracting major events and concerts to Halifax that resulted in \$2.5 billion in direct and incremental economic impacts for Halifax. His successor will be named in the next few weeks.

Retailers report strong holiday sales:

Retail sales in the downtown core during the holiday season were as good or better than last year, a survey by the Downtown Halifax Business Commission found. Those who reported a slowdown in sales, attributed it to a wider national and global slowdown — and the poor weather. Many respondents believed 2009 will be as good as or better than last year.

Scott ranked among best adventure travel firms:

Hubbards-based Scott Walking Adventures has been rated as one of the Best Adventure Travel Companies on Earth by the National Geographic Adventure magazine in its February edition. Scott Walking Adventures placed fifth in the walking category out of 131 operators, up from No. 12 in 2008.

Get the full stories delivered to your inbox every morning. Sign-up today for the **DAILY BUSINESS BUZZ** nsbj.ca

CAW inks deal with Air Canada

AIRLINES The Canadian Auto Workers union said yesterday it has reached three-year tentative contract agreements with Air Canada and Groupe Aero-plan covering about 5,000 customer service and sales agents. The deal includes a small wage increase and it gives employees of Aero-plan a two-year window to return to former sister company Air Canada if they want, or vice versa.

REUTERS

Former CFL player paroled

A former CFL player was granted parole after serving time for knowingly exposing women to the virus that causes AIDS. Trevis Smith, an ex-linebacker with the Saskatchewan Roughriders, made his case before the National Parole Board in Saskatchewan, where he is serving a six-year sentence. He'll be released from prison Feb. 25 and deported to the U.S. **METRO NEWS SERVICES**

7

Sports



No Viagra needed for high

Brazilian soccer clubs Palmeiras and Gremio denied they are thinking about giving their players Viagra to combat oxygen depletion during upcoming matches in high-altitude locations. Viagra, or sildenafil citrate, suppresses an enzyme that regulates blood flow and allows vessels to relax and widen.

METRO NEWS SERVICES

JOHN.CHICK@METRONEWS.CA

Crookshank done for year

Rainmen mum on reason for season-long suspension

MATTHEW WUEST

matthew.wuest@metronews.ca

The Halifax Rainmen have grounded their very own Air Canada, but they're staying tight-lipped as to why.

Eric Crookshank, who can best be described as the Rainmen's franchise player, was suspended for the rest of the Premier Basketball League season yesterday for "behaviour unbecoming to the overall well-being of the team."

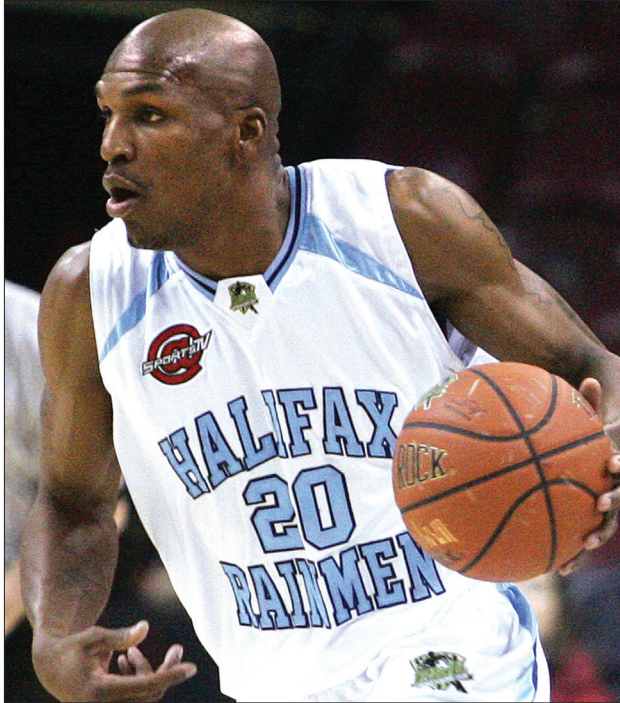
The 6-foot-8 forward, who rolled into town in December sporting Air Canada tattoos on his arms and talking boldly about winning a championship, publicly questioned head coach Rick Lewis for benching him in a loss on Sunday.

Lewis said Crookshank was not suspended for those comments but added that it was "a continuation" of the complaint. He also said the behaviour issues began prior to Sunday.

An incident that occurred sometime after practice on Tuesday was the tipping point, owner Andre Levingston said.

Without elaborating on what happened, he called it one of the toughest decisions he has ever made.

"Something more lenient than this wouldn't solve the problem," Levingston said. "Coach and I talked for hours. We went



Eric Crookshank, above, will still get paid and have access to Rainmen games, but will not play again this season. "If I run from my problems, I'll be running from life," he said yesterday. Neither Crookshank or owner Andre Levingston gave the definitive reason for the suspension.

back and forth, back and forth, back and forth.

"At the end of the day, I think Eric will thank me for it. He may not now, but he will in the end."

Levingston said the suspension isn't meant to punish Crookshank, it's to help, because he cares "more about Eric Crookshank as a man than as a basketball player."

Crookshank, a fan-favourite who was an American Basketball Association all-star last season

after leading the Rainmen in scoring, was devastated by the suspension.

"I lost my mother (five years ago) and this is probably the second worst thing that has happened to me in my life," the 30-year-old said solemnly. "But life goes on."

He will still get paid and has courtside access to games, but won't be on the Rainmen bench. He will do community work, teaching youth the importance of accountability.



A full transcript of the Rainmen's press conference is available on our website at www.metronews.ca/halifax.

There are no rules preventing the Vallejo, Calif., native from signing with another PBL team, but Crookshank said he is committed to staying in Halifax.

"If I run from my problems, I'll be running for life," he said.

Crookshank will be welcomed back next season if he follows through with the terms of his suspension, but Levingston ruled out the possibility of reinstatement this year.

As for winning a championship in Halifax, Crookshank said, "I'll just have to win a championship off the court."

Strickland signed

It didn't take the Halifax Rainmen very long to find a player to fill the spot vacated by Eric Crookshank. The Rainmen unveiled the signing of 6-foot-8 power forward John Strickland yesterday, just 51 minutes after announcing the suspension of Crookshank for the season. Strickland, a 36-year-old journeyman, spent last year in the CBA with the Minot Skyrocks and Pittsburgh Xplosion. He played in the CBA all-star game and is a former Harlem Globetrotter.



Marcel Patenaude, left, was fired as GM of the Mooseheads yesterday and replaced by coach Cam Russell, right.

Patenaude fired

MATTHEW WUEST

matthew.wuest@metronews.ca

In May, Halifax Mooseheads owner Bob Smith told Metro Halifax that Cam Russell and Marcel Patenaude are "the type of people I want running my hockey team."

"I'm hopeful they'll be doing it for a long time," he said, after a stacked Mooseheads team was knocked out in embarrassing fashion in the QMJHL semifinals.

Eight months later, Smith has had a partial change of heart. Russell, his head coach, is the guy he wants running his hockey team, while Patenaude, his general manager, is gone.

Smith fired Patenaude after nine seasons yesterday. Then he added full-time GM to Russell's responsibilities.

"I believe you should give somebody a chance to work their way out of their problems," Smith said, of why he has a different outlook now than he did in May.

Smith stressed that his decision was based on the past six years, but said he wanted to see Patenaude guide the Mooseheads to a better record than this season's 12-27-2-2.

He wanted to see the results that he's seeing from last year's league finalists, the Olympiques (21-20-2-2) and the Rouyn-Noranda Huskies (22-17-4-2).

"I may have looked upon this differently had we been in the middle of the pack and moving up at this juncture," Smith said. "But we're not. We're 16th,



For a full Q&A with Smith, please visit Matthew Wuest's Q Files blog at www.metronews.ca/qfiles.

17th, 18th place right now. It's not a good place to be when you don't have your first-round pick and you didn't win a championship."

The Mooseheads, who traded their first-round pick for star Brad Marchand, were an absolute powerhouse on paper last season but never came together as a team.

"Our personnel was very good, but we paid a massive price to put that personnel in place. And we didn't win," Smith said.

"I may have looked upon this differently had we been in the middle of the pack ... but we're not."

Mooseheads owner Bobby Smith

Smith said Russell in a dual role gives the team "inherent advantages" because the "person who is bringing (the players) onto the team is coaching them on a nightly basis."

"I would have been quite happy to continue with the coach/GM separate model if we had the success to justify that, but I don't think we did," Smith said.

Russell, whose background is exclusively as a coach, said he's "looking forward to the challenge" and will sit down with Smith over the next week to develop a plan.

Sports in brief

HOCKEY Lantz's Cory Urquhart has been named the East Coast Hockey League's player of the week. The 24-year-old forward had five goals and six assists in two games and has been recalled by the American Hockey League's Springfield Falcons.

VOLLEYBALL The Saint Mary's Huskies swept the Dalhousie Tigers 3-0 (25-22, 25-17, 28-26) in Atlantic University Sport women's volleyball action last night at The Tower. Kerri Smit led the way with 17 kills and 15 digs. **METRO NEWS SERVICES**



For more sports coverage, visit metronews.ca/sports

NHL Crosby, Pens, lose to Ovechkin, Caps



Cole Harbour's Sidney Crosby holds the Capitals' Sergei Federov against the glass after Pittsburgh's Hal Gill slashed Federov's stick last night. Washington won the game 6-3.

JASON COHN/REUTERS

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entries received. For full contest rules and details, visit www.metronews.ca.

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8 sports



Toronto faces former coach Paul Maurice and the Hurricanes in Carolina tonight.

Maple Leafs see familiar face

Show No Mercy

Quebec woman ditches law for poker

MARTY YORK
marty.york@metronews.ca

She is 5-foot-2 and maybe 100 pounds but she is a fireball who burns with rage and, frankly, you don't want to mess with her.

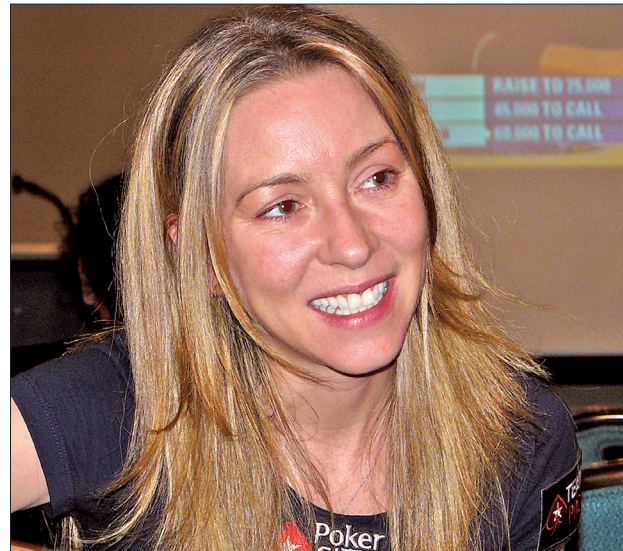
At the poker table, where she ranks as one of the planet's top five female players, Canadian Isabelle Mercier is fiercely determined to kick your butt — figuratively, of course. Mind you, as a trained kick-boxer, there are no guarantees she'll refrain from hoofing your backside literally, as well.

"Fact is, Isabelle scares men," Tori Coxon, chief spokesperson for the wildly successful, multibillion-dollar PokerStars business, says matter-of-factly. "She's tiny, yes, but she's incredibly aggressive, competitive and very intimidating."

And somewhere along the way, this diminutive dynamo from Victoriaville, Que., picked up the nickname "No Mercy." And, well, you get the picture.

"I really think," Mercier says, "that I was born to play a game for a living. I always played games. I played card games with my parents when I was six. I live to play and win. Poker isn't only my job. It's my passion."

And she's good at it. Since finishing second at the Masters Classic in Amsterdam in 2002, Mercier has quietly earned hundreds of thousands of dollars and, according to poker sources, has reached millionaire status — to the point where she recently decided to stop living out of a suitcase.



Isabelle Mercier gave up a law career ... for a more lucrative poker career.

"I got myself an apartment in Monaco," she reveals. "It's a beautiful place. I'm financially set for life. I'm happy."

It wasn't always like this. Mercier used to be a lawyer. Yes, she gave up her job as a full-time lawyer to become a full-time poker player. After obtaining a law degree at the University of Montreal, she practised commercial law in the city for six months.

And she loathed every second of it.

"It was horrible," she recalls, grimacing. "It was boring. I hated it so much that I'd spend hours in the washroom, sleeping. Every day."

Did her legal background help prepare her for poker?

"Maybe," she says, "but I learned much more about competing from my kick-boxing days."

PokerStars became so enamoured of the hard-nosed brunette and her style that it hired her as an ambassa-

dor. At 33 and single, she plays against challengers at www.pokerstars.net, the world's largest online poker room. She also has written a book called Profession: Bluffer. The French version is out; the English version will be published soon.

But it's at the table where she excels, frequently finishing in the money at tournaments around the world, throwing out the occasional F bomb, staring relentlessly at her predominantly male opponents and consistently frightening the bejesus out of them.

"To succeed in poker," she says, "you need confidence and an aggressive personality. Otherwise, forget it."

Give the last word to Coxon:

"There aren't many sports where a woman can match up evenly against men," she says, "but Isabelle does. She's shown that a woman can compete in a man's world."

Sports in brief

NHL Roberto Luongo, out for almost two months with a groin injury, will be back in goal for the Vancouver Canucks tonight. To accommodate his return, the Canucks have waived Curtis Sanford.**NHL** The New Jersey Devils officially signed veteran forward Brendan Shanahan yesterday for the remainder of the season. Shanahan, who turns 40 on Jan. 23, has 650 career goals.**NFL** Philadelphia Eagles running back Brian Westbrook and starting offensive tackle Jon Runyan each sat out yesterday's practice in preparation for Sunday's NFC Championship Game against the Arizona Cardinals.**CFL** The CFL's salary cap for 2009 has been set at \$4.2 million, the same as last year and a reflection of the CFL's approach to the economic climate, commissioner Mark Cohon said yesterday. "Our league is well positioned for challenging times because it is affordable for Canadian families, accessible to our fans and prudent in how it conducts its business," Cohon said.**OHL** The Ontario Hockey League has instituted a game misconduct and an automatic one-game suspension for players who remove their helmets or undo their chinstraps before or during fights. The OHL previously fined a team \$100 when a player took off his helmet to fight.

METRO NEWS SERVICES

SCOREBOARD

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Moncton	32	6	5	69
Cape Breton	32	12	2	66
Saint John	23	19	4	50
Bathurst	17	20	9	43
P.E.I.	16	22	9	41
HALIFAX	12	27	4	28

SATURDAY'S GAME
Bathurst at HALIFAX, 7 p.m.
SUNDAY'S GAME
Moncton at HALIFAX, 4 p.m.

PBL

	ATLANTIC DIVISION			
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Halifax	3	1	.750	
Montreal	2	2	.500	
Vermont	1	1	.500	
Manchester	1	2	.333	
Quebec	1	3	.250	

FRIDAY'S GAME
HALIFAX at Vermont
SATURDAY'S GAME
HALIFAX at Manchester

NHL

YESTERDAY'S RESULTS
Washington 6 Pittsburgh 3
Ottawa 3 Atlanta 2
Buffalo at Chicago
Detroit at Anaheim

Metro Homes



Obama's house

President-elect Barack Obama's officials confirm that the Obamas have chosen Los Angeles-based interior designer Michael Smith to decorate the private quarters of the White House, CNN reports. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Home decor amidst a recession

HomeScape

Sylvia Putz



metronews.ca/homescape

With all the doom and gloom economic forecasts for 2009, home decor predictions are wildly divergent. Will home decorators decide to paint their homes brightly to dispel the gloom, or will they simply avoid spending any money on home decor?

The nation's ailing financial health has impacted people's well-being in many different ways. But one thing is clear: You can't control what happens outside, but in your home, you are the boss.

And it doesn't have to be expensive. You can rearrange your furniture and pick up accessories from thrift stores, or you can visit expensive designer shops for selected items.

So in the spirit of the times, and with an eye to

new trends, here are some decor 2009 suggestions.

If you're looking for inexpensive, freshening up with a coat of paint is one of the least expensive decor updates you can do. And many decor forecasters are calling for a return to safe neutral colours on walls, with bright vibrant shades as accents. This way, you can switch around your accessories and fabrics without too much effort or cash needed to coordinate.

Brightly coloured accents bring lightness and cheer into your home at a time when the outside world may feel grey and depressed. Citrus shades of orange, red and yellow may be the just the thing for those of you who are feeling down. For an example of this approach, check out IKEA's bright orange kitchen cabinets in its new 2009 catalogue.

Or you may go to the other end of the spectrum and turn your home into a sanctuary, an oasis of soothing and calming design, colour and sound as an antidote against the struggling world outside. Think earth tones and natural materials. Living responsibly and select-



Freshening up with a coat of paint is one of the least expensive decor updates you can do.

ing items that have been harvested and constructed with due diligence for the state of the earth and the workers who produce the goods can help to put the mind at ease as well.

But if you need a new look, consider buying snazzy accessories instead of spending piles of cash on new furniture or carpets. These relatively inexpensive additions, such as vases, sculptural objects or throw pillows can really add a pop of interest, and

change a non-descript decor into one that shines.

And speaking of pillows and throws, check out the over-the-top designer pillows that are appearing. These pillows are going in the direction of designer clothing, with belts, buck-

Survey says

What we'll see less of in 2009 — a survey:

- Wall-to-wall carpeting
- Oversized, overstuffed furniture
- Furniture in solid, striped and patterned combinations
- Granite and stainless steel countertops
- Sticking to one style of furnishing, like country or traditional
- Dark coloured walls

What we'll see more of in 2009 — a survey:

- Neutral wall colours
- Eye-popping citrus shades such as orange, yellow or coral are popular as accents
- Bamboo flooring
- Glass tiles
- Metallic finishes on fabric and wallpaper
- Laminate countertops
- Eco-friendly furnishings and appliances in general

les, buttons, sequins, pleated or intricately folded fabric and metallic paints.

Perhaps we need a touch of glamour or decadence in tough times. If you like this approach, the trick is to outfit your place with a few well-placed luxurious accessories, rather than spending on big-ticket items. Elaborately decorated pillows and other luxurious touches can add a feeling of elegance

and glamour, a la Hollywood in the '30s or '40s perhaps. Think sumptuous shiny fabrics and shimmering finishes, such as bedspreads or throws draped over the sofa. Just don't overdo it, or you may end up with a living space that exudes a bordello-like vibe.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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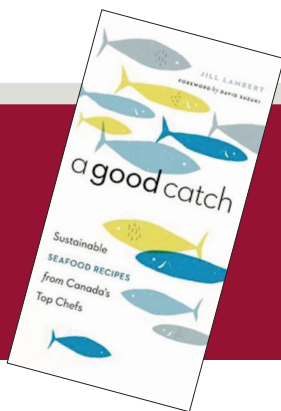
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Food

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA



"A Good Catch by Jill Lambert culled recipes from Canadian chefs, from a Taco Trout Bake to Grilled Swordfish with Forbidden Black Rice and Soy Emulsion."

Barb Holland/for Metro Canada

Not always more fish in the sea

À la carte

Barb Holland

Metro Food Writer

Many of us are eating more fish and seafood for its health benefits, but are we making good choices for healthy oceans?

SeaChoice, Canada's Seafood Guide, is a handy wallet card that lists categories such as Best Choice, Some Concerns and Avoid for all fish and seafood. For a copy of the guide, go to seachoice.org and carry it with you to help make sustainable seafood choices when shopping or eating out. Due to sometimes inadequate labelling, be prepared to ask questions such as: Where is it from? Is this fished or farmed?

A new book by Vancouver-based writer, Jill Lambert, *A Good Catch, Sustainable Seafood Recipes from Canada's Top Chefs* (Greystone Books/Douglas & McIntyre), \$25, provides insight and information. It begins with a discussion about fish on making good fish decisions, choosing, preparing and storing fish and seafood; basic cooking directions and a quite extensive Species by Species Sustainability Guide (done



When we eat fish, are we making good choices for healthy oceans? SeaChoice, Canada's Seafood Guide ("Best Choice" excerpt pictured), is available in full — including additional categories "Some Concerns" and "Avoid", and a full legend to explain each entry — at seachoice.org.

by the David Suzuki Foundation and SeaChoice Canada). The book also suggests substitutions for fish that may not fit into the SeaChoice guidelines, so you can still cook your stand-by recipes responsibly.

Salmon and Edamame Salad with Wasabi Mayonnaise

From Karen Barnaby, The Fish House in Stanley Park, Vancouver, this easy salad calls for canned salmon. Look for wild Pacific salmon as the Best Choice. Makes 4 servings.

INGREDIENTS:

- 1 can (7 oz/213 g) pink salmon, well drained
- 1 cup (250 ml) shelled edamame (fresh soy

- beans), cooked and chilled
- 1/2 cup (125 ml) finely diced celery
- 2 green onions, white and green parts, thinly sliced
- 1/3 cup (75 ml) mayonnaise
- 2 tsp (10 ml) wasabi paste (or more to taste)
- 1 tbsp (15 ml) sesame seeds, toasted, for garnish
- 1 tbsp (15 ml) julienned

fresh ginger, for garnish

METHOD:

In a bowl, combine salmon, edamame, celery and green onions.

In another bowl, combine mayonnaise and wasabi paste (to taste). Gently fold into salmon mixture. Cover and refrigerate to allow flavours to blend, about 30 minutes.

Best Choice

Catfish (US) **farmed**
Caviar/ Sturgeon **farmed**
Clams **farmed**
Cod: Pacific (US) **bottom longline, jig, pot**
Crab: Dungeness
Fish sticks: Pollock (AK)
Haddock (Canada) **bottom longline**
Hake: Pacific (Canada)
Herring: Atlantic (US), Pacific (Canada)
Imitation crab: Pollock (AK)
Lobster: American (Atl. Canada)
Lobster: Rock, Spiny (Aus., US, Western Baja)
Mussels **farmed**
Oysters **farmed**
Pollock (AK)
Sablefish (AK, BC)
Sardine: Brisling, Sprats (US)
Shrimp/ Prawns: Sidestripe, Spot (BC) **trap-caught**
Swordfish (Atl. Canada) **harpoon** ♦
Tilapia (US) **farmed**
Trout: Rainbow **land-based farmed**
*Tuna **trawl-caught** ♦

To serve, divide salad between four plates and garnish with sesame seeds and ginger.

Tips:

- Edamame are green soybeans usually found frozen in pods or shelled. Cook according to package directions, usually about 4 to 6 minutes in boiling water. Drain, rinse with cold water and remove beans from pods.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Linguine with Clams

INGREDIENTS:

- 1 1/2 lb (750 g) fresh littleneck clams
- 1/4 cup (50 ml) dry white wine
- 8 oz (250g) linguine
- 1 tbsp (15 ml) extra-virgin olive oil
- 2 cloves garlic, minced
- 1/4 cup (50 ml) chopped flat-leaf parsley
- Pinch each salt and hot pepper flakes
- 1 tbsp (15 ml) butter

METHOD:

Scrub clams; discard any that do not close when tapped.

In saucepan, cover and steam clams and wine over high heat until clams open, 4 to 5 minutes. Strain into bowl, reserving broth. Discard any clams that do not open. Set aside.

In large pot of boiling salted water, cook linguine according to package directions until tender but firm; drain.

Meanwhile, in skillet, heat oil over medium-low

heat; cook garlic, parsley, salt and hot pepper flakes, stirring occasionally, until garlic is softened but not browned, about 2 minutes.

Add reserved clam broth; bring to boil. Add linguine; boil on high, stirring often, until about 3 tbsp (45 mL) liquid remains, about 2 minutes.

Add clams; toss until heated through. Stir in butter.



For more great recipes, visit metronews.ca.

United States Presidential Inauguration

Obama's pick

- During an appearance on a public television restaurant review show years ago, the next president raved about the peach cobbler served at a diner in his Chicago neighbourhood, the Dixie Kitchen and Bait Shop. For a recipe of the very same Peach Cobbler dessert, visit metronews.ca.



2007 – S.H. No. 284849

IN THE SUPREME COURT OF NOVA SCOTIA BETWEEN:

MELISSA ANN CUMMINGS (Plaintiff) and ELLEN METLEGE-FADDOUL (Defendant) and JENNIFER MAKI, TAMARA MARR, and MATTHEW MORRISON (Third Parties)

NOTICE TO THE THIRD PARTY MATTHEW MORRISON PURSUANT TO COURT ORDER:

TAKE NOTICE that the Defendant claims against you in respect of the damages claimed by the Plaintiff, and in respect of her own damages by reason of her reliance upon you.

AND TAKE NOTICE that you will be deemed to admit the Defendant's claim against you, and the Defendant may enter judgment against you without further notice, unless within 20 days you (a) file your Defence with the office of the Prothonotary and (b) serve your Defence upon Margot Ferguson at Ritch Durnford.

For further information, consult the court file or contact Margot Ferguson at Ritch Durnford, 1200-1809 Barrington St., Halifax NS B3J 3K8 • Tel: (902) 429-3400 • Fax: (902) 422-4713

Liquid Assets

Peter Rockwell
liquidassets@eastlink.ca

Comfort wines

While I've never needed any added incentive, the recent blend of crappy weather and an even crappier economy have surely been enough to drive even the most determined teetotaler to drink.

With the way the world's spinning lately the search for wines that combine a decent price with drinkable juice isn't just a quest for the thrifty — it's a necessity for almost everybody.

In times like these I look to my list of comfort wines; those that wrap my palate in consistent familiarity without picking my pocket.

To find a great red deal look down, way down, to South America. The **2008 Cono Sur Pinot Noir** (\$11.45 - \$12.99) from Chile is a classy little pinot with a light and juicy strawberry/cherry fruit flavour that ends with a soft, milk chocolate finish. Its refreshing acidity makes it a great match for grilled salmon or a zingy tomato sauce.

Prefer white? Try Australia's **2008 Yellow Tail Pinot Grigio** (\$10.95 - \$11.99), a clean, lemon-meets-lime fruit fest with a lean, green flavour and zesty, citrus aroma that's a nice partner for grilled shrimp (or any other fish with a shell) and just about any poultry dish.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



The first step to a healthy weight loss

Part 4

Triolax, why it's the best internal cleansing program

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Who can use a Detox program?

To be continued on January 20th...



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Style

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

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Shop: Superstore
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twinsyndrome.com

My favourite



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Designer: La Vie en Rose
Shop: La Vie en Rose
Address: Various Locations
lavieenrose.com

Outerwear Shapewear

Face it: Some of us weren't born with a perfectly proportionate body, but that's okay when we've got garments that make it look like we were. Falsely flaunt it with the built-in backside padding jeans by Mavi. The jeans will lift, extend and enhance your derriere. Flatten out your mid-section with the Smart Set top — the ribbed vertical lines will tighten and elongate your torso while the loose and free flowing top and sleeves will help balance out the look. The convertible skirt/top by Skyler will keep things tucked in and hidden with its strong spandex and A-line cut.

Style File

Kim Elbo

kim.elbo@gmail.com

ask kim

I am looking for a product that will keep my closet fresh and free of smell.

Home Outfitters carries a product called Febreze Closet Renewables; they're shelves that keep your clothes organized and free of that old musty smell. NaturzAire also carries an odour absorbing product perfect for your closet. For more information, visit naturzaire.com.

E-mail your style questions to kim.elbo@gmail.com.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

accessory

Tackle dry skin with Palmers, \$3.99. It contains 100 per cent pure cocoa butter and antioxidants with vitamins A, C and E. Available at Shoppers Drug Mart.



Body Shapewear

Perhaps it will take you longer than a couple of weeks to check off that New Year's resolution of shedding 10 to 20 pounds. So in the meantime why not fool everyone else into thinking that your 30-minutes, once a week gym sessions are actually paying off? No one will know that your undergarments are actually doing the work. Hide your muffin top with hot pants from Twin Syndrome, visibly lean up those thighs with tights from La Vie en Rose, and take in a little tummy tuck with the Joe Fresh shaper top.

Entertainment



The big gig

Jennifer Hudson will sing the National Anthem at the Super Bowl in what will be her first performance since her family murder tragedy last October.

PEOPLE.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

MusicReviews

music@metronews.ca

A.C. Newman

Album: Get Guilty

Label: Last Gang Records

Rating: 

IN THE WORLD OF Canadian indie darlings, A.C. Newman maybe the darlinest. The hipsters are already atwitter about this second solo release from the creative light behind the New Pornographers. But let's keep our feet on the ground. This is not an earth-shaking epic that is going to change the face of alt-rock. It is a charming, intelligent album with roots squarely in the '60s English psychedelic scene, offering up nods to acid-era Donovan Leitch, and early David Bowie.

Graham Rockingham/for Metro Canada



Evolution of the jam band

Gym Class Heroes stitch together diverse sounds

ROB MCMAHON
for Metro Canada

Imagine an album that stitches together musical genres, multi-generational guest-stars and pop-punk style, and you have The Quilt.

On that album, Gym Class Heroes (GCH) play out like a poppier Roots: A jam-band fronted by a rapper but that aims at the Fall Out Boy demographic. Hip-hop purists hear the band's guitars and drums, while the pop-punks focus on their raps. But no matter the milieu, the band doesn't tailor their per-

formance to the crowd. "We don't play differently, but are perceived differently," said drummer Matt McGinley. "At the end of the day, whether it's rock, hip hop, R&B, soul or funk, all the influences we find within ourselves come out when we play."

As with any group that wears influences squarely on both sleeves, GCH must tackle the ensuring debate: Is their music original or derivative? McGinley, when asked if he thinks artists are comfortable wearing their influences proudly, said that's true to a certain extent.

"It's all about being in-



Gym Class Heroes blend hip hop, rock, R&B, soul and funk on their latest album, The Quilt.

spired and influenced by somebody — (and) to be using (these influences) in new and creative ways, rather than being obvious," he said.

When the band started out 10 years ago, McGinley was drawn to jazz and funk percussion, while founding member Travis McCoy delivered his verses through

raps. McGinley learned to play drums to ?uestlove's work on The Root's album Things Fall Apart, and the duo looked to that group's innovative approach to rap music and ability to jam out their songs.

"We didn't set out to be a hip-hop band — we were just kids who wanted to make noise in our parent's living rooms. Over the years we moved towards that kind of sound," said McGinley. "It's cool to be able to showcase your musical chops and abilities as a band ... but it's all about what can enhance the song."

For example, in the seven-minute long Live Forever, Darryl Hall laid down a really long, freeform outro.

"(Darryl was) assuming we would fade it out at reasonable length of time, but we thought it sounded cool, so why not let him kill it," said McGinley.

critics' corner

Doc Zone

The new documentary "Forever Plastic" examines Canadians' efforts to be green in a world filled with this convenient but environmentally unfriendly stuff. There are "greener" plastics being developed, but as the film explains, they come with their own environmental issues. 9 PM on CBC



The Nature of Things

March 24 will be the 20th anniversary of the Exxon Valdez oil spill, and as the new episode "Black Wave: The Legacy of the Exxon Valdez" reveals, the people of Prince William Sound are still feeling the effects. The massive cleanup effort and the compensation paid to fishermen weren't enough; it appears only a time machine could restore the environment and the economy to what they were before the accident. 8 PM on CBC

CSI: Crime Scene Investigation

We knew it was coming, but Grissom's (William Petersen) colleagues didn't, so it's a huge shock when he announces he's leaving the CSI team. At least they can take comfort in the fact the guy he's tapped to replace him — Dr. Raymond Langston (Laurence Fishburne), who worked with them on the "Dick and Jane" murders — knows his stuff. 9 PM on CJCH; 10 PM on CBS

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/15/09	31	31	31	ABC	News (N)	ABC Wid News	Inside Edition	State of State	Ugly Betty (N)	Grey's Anatomy (N)	Practice	
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Don't Forget the Lyrics!	Eleventh Hour "H2O" (N)	Practice		
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (N)	Doc Zone (HDTV) (N)	CBC News: The National	The Hour		
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	M pour musique (N) (SC)	Le Téléjournal	
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	Eleventh Hour	
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Petit monde de Laura Cadieux	Juste pour rire (SC)	Juste pour rire (SC)	TVA 22 heures		
	6	6	6	CIHF	Entertainment	ET Canada	The Unit "Sex Trade"	Bones (HDTV PA) (N)	The Office (N)	Billable Hours	News (N)	
	9	9	9	CJCH	etalk	Hollywood	ER "Dream Runner" (N)	CSI: Crime Scene Invstgtn.	Grey's Anatomy (N)	News (N)		
	10	10	10	ELTV	(6) EastLink Television			Podium TV	EastLink Television			
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Bones (HDTV PA) (N)	Kitchen Nightmares (N)	Fox First		
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour Marlee Matlin.	CBC News: The National	Nature-Things	(11:01) ER
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Basic Black	Ride Along the Lincoln	James Brown Saved Boston	James Brown		
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	This-House	Yankee Shop	Ask This Old	Michigan	Human Face
	68	68	68	TQS	(6:30) Le Retour (SC)	Grande fille	Un monde bête	Le Sous-sol de la peur ★★ (1991, Horreur) Brandon Adams.				110 pour cent
	23	96	96	BNN	Business News	Headline	Market Call	GetConnected	Business News	Squeeze Play	Market Call	
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight		Campbell Brown: No Bias	Larry King Live	Cooper 360		
	54	54	54	GOLF	Golf Central	PGA Tour Golf Sony Open in Hawaii -- First Round. From Waialae Country Club in Honolulu. (Live)						
	52	52	52	RSE	Prime Time Sports	Darts World Premier League.				Countdown to UFC 93	Sportsnet Con.	
	55	55	55	SCOR	Hockey Talk	Score on NFL	Cabby Unlimit	NBA Basketball Cleveland Cavaliers at Chicago Bulls. (Live)				
news	45	45	45	SPD	NASCAR Pre.	Pass Time	Barrett-Jackson Automobile Auction (HDTV) Thursday action from Scottsdale, Ariz. (Live)					
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	NHL Hockey Toronto Maple Leafs at Carolina Hurricanes. (HDTV) (Live)				SportsCentre
	43	43	43	FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	Sixteen	Misadventures	Futurama	The Critic
	26	26	26	TREE	Max & Ruby	Backyardigans	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	Drake & Josh	iCarly	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Adrenaline Proj	Prank Patrol
	16	16	16	A&E	The First 48 (HDTV)	The First 48 "Gone"		The First 48 (HDTV) (N)				The Beast (N)
	70	70	70	APTN	News	Suaangan	Wapos Bay	By the Rapids	renegadepress	North ★★ (1994, Comedy-Drama), Bruce Willis		
	50	50	50	BET	106 & Park: BET's Top 10 Live J. Holiday. (Live)			Soul Plane ★★ (2004, Comedy) Kevin Hart, Tom Arnold.				Gangster
	37	37	37	BRVO	Street Legal	Camera	Snapshot	Bathroom Divas-Opera Star	Touch of Pink (2004, Romance-Comedy)			
family	25	25	25	CMT	Sessions	Reba: One,	CMT Star	Home Improve.	Reba	Reba	Hope & Faith	
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	VIP
	153	153	153	COURT	Truth, Duty, Valour	World's Wildest	Police Videos	Cops Uncut	Dumb Criminal	Aggro	Police Videos	
	38	38	38	DISC	How It's Made	How It's Made	Daily Planet (N)	Fireball of Tutankhamun	Secrets of the Crystal Cave	MythBusters		
	34	48	48	HGTV	Holmes on Homes	House Hunters	Property Virgin	Holmes on Homes	The Fix	Disaster DIY	Home to Flip	
	46	46	46	HIST	Deep Wreck Mysteries	NCIS "Witch Hunt"		Lost Worlds	Deep Wreck Mysteries	NCIS		
	17	17	17	MM	Meet Barkers	Meet Barkers	Gossip Girl (HDTV)	Degrassi: Next	Degrassi: Next	Brooke Knows	Brooke Knows	Gossip Girl
	19	19	19	MMM	MusicProfile	mmmtop10.com	Back In	Enrique Iglesias-Belgium	Listed (Part 1 of 2)			Tommy Lee
	201	201	201	M1	(6:45) Just Business (2008, Suspense)		(8:20) Another Cinderella Story (2008)		Joe Strummer: The Future Is Unwritten			
	48	23	23	OLN	American Gladiators	Bounty Hunter	Dakar Rally	Survivorman	Mantracker		Bounty Hunter	
cable variety	51	51	51	PEACH	Seinfeld	Friends	House-Payne	Friends	Shadow Conspiracy ★ (1997, Suspense)			
	206	206	206	PIX	The Best Bad Thing (1998, Drama)		Montana Moon ★★ (1930, Western)		The Quest ★★ (1996, Action)			
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)		RDI en direct	
	39	39	39	SHOW	Wife Swap	The Outer Limits	Til Debt-Part	About a Girl	Love-Death	Trailer Park	Trailer Park	American Pie 2
	40	40	40	SLICE	X-Weighted "Kristi"	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Last 10	Biggest Loser	
	47	47	47	SPACE	Stargate SG-1	Lost	Lost	CSI: Crime Scene Invstgtn.	TNA iMPACT! (HDTV) (N)			
	14	14	14	SPIKE	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	Star Yearbook		Tonight Show
	57	98	98	STAR	etalk	Hollywood	LA Ink (HDTV)	Overhaulin' (HDTV)	Saw for Hire	Saw for Hire	LA Ink	
	21	21	21	TLC	What Not to Wear	Make or Break	Naked Fashion	Family Guy	Seinfeld	Raymond	Family Guy	
	56	34	34	TROP	What Happen?	What Happen?	Que.-champion	Journal de Fr2	Murder, She Wrote	Judging Amy	Will & Grace	Friends
251	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Smallville "Legion" (N)	Supernatural (HDTV) (N)		

GlobalStyle

Kenya Hunt

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IntelleVision

Rick McGinnis

Read it at metronews.ca

Sex And The City sequel may feature Britney

The fashion fest that is the Sex And The City movie sequel has just got even more exciting as Heat magazine reports that Britney Spears could star in the film. FEMALEFIRST.CO.UK

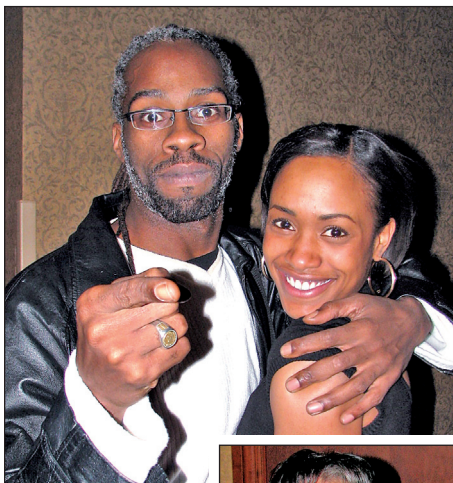


Above: Olga and Robert-Yves Mazerolle enjoying The Box at Monte's ShowBar.



Above: The Accused lead singer (and Q104 personality) Tom Bedell with wife Jennifer at Monte's ShowBar.

Right: Sherri Borden Colley, left, Roberta Wilson, and Stephanie Dorrington at Casino Nova Scotia for the African Nova Scotian Music Awards & Show.



Left: James McQuaid (a.k.a. MC J) with M Jefferson at Casino Nova Scotia's African Nova Scotian Music Awards & Show.

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Above: Chrissy Moore and Cathy Chapman Friday night at Monte's ShowBar.



Above: Joey Fitzpatrick and Janice Gavin front row for The Box at Monte's ShowBar.

Down memory lane

HalifaxScene

Jamie Paterson



The '80s were all the rage this week as one of Canada's most successful bands of that decade hit metro for a pair of shows. The Box were able to make the crossover from French to English audiences, and are currently working on their sixth album.

Fans at Monte's ShowBar Friday night were able to sample both the old and new Box, getting a taste for the new material, which is said to be based on a French short story from the 1880s.

Opening for the band was a group of rockers

known as The Accused. The cover band is fronted by Q-104's own afternoon drive guy, Tom Bedell.

The Accused are coming into their own after a series of successful shows since the summer, including a performance on Christmas Daddies and now Monte's.

Although the Monte's show was first, The Box were in town mainly for the annual Tour Tech East party on Saturday night.

Peter Hendrickson and the crew have been opening the doors of their sound stage in Burnside for a party of Biblical proportions for the last 19 years.

The invitation list includes the who's who of metro's party crowd, and all the proceeds go to the AIDS Coalition of Nova Scotia. As it has been in the past, the huge room is jam-packed, sweaty and loud ... a perfect night out!

Two stages had music pumping out, including not only The Box, but Matt Minglewood and Chris Colepaugh and the Cosmic Crew.

The VIP room is always the place to catch a breather. Coun. Dawn Sloane was there with camera in hand.

Also spotted were CTV host Liz Rigney, Empire Theatres honcho Dean Leland and director Mike Campbell.

Next stop Saturday was Casino Nova Scotia for the African Nova Scotian Music Awards.

The evening was co-hosted by singer and television host Charla Williams and educator Robert Upshaw. Some of the performances of the night included Dutch Robinson, Cyndi Cain and Jamie Sparks.

Last time I saw Dutch Robinson perform was a karaoke night at a local pub, so it was great to see

him with the full band.

Congratulations to award winners Nadira who picked up the Rising Star Award and Heritage Award recipient Johnny P. Stevens.

At the after-party, the Bounce's R. S. Smooth was providing the music while award winners were congratulated and took a moment to enjoy a drink.

Auburn High School vice principal Karen Hudson was busy buzzing the room looking for auto-graphs.

She had a beautiful acoustic guitar donated by Buckley's Music she was getting signed.

It will later be auctioned off in support of the school's fine arts department. When that happens, we want to hear about it!

When he's not making the Scene, Jamie Paterson hosts The Drive and The Beatlebrunch on KOOL FM in Halifax

Right: Bette Skinner and Judy Sparks at the African Nova Scotian Music Awards & Show.



Left: Pioneer Award recipient Ross Anderson signs a guitar for Auburn High vice principal Karen Hudson outside the Schooner Room at Casino Nova Scotia.





Baldwin the broadcaster
Alec Baldwin has landed a job as a radio host. He has been offered the role as host for the New York Philharmonic's national radio broadcasts. FEMALEFIRST.CO.UK

Celebrity Buzz

Kanye's unlikely style inspiration

FASHION Kanye West has revealed the inspiration behind his fashion: Gay men, femalefirst.co.uk reports.

The website says an old video clip of Kanye has been unearthed and in it the rapper reveals that he often checks out what gay men are wearing.

"Gays really know how to dress," he states. They are not his only inspiration though. He also reveals: "I feel like Japanese dress really good too."



METRO
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Heche has the baby boy blues

BABY Anne Heche has offered some blue clues of the gender of her baby, people.com reports.

At the Boom Boom Room Children's Gifting Wonderland in Los Angeles, the actress and her boyfriend — Nova Scotian James Tupper — chose a pair of Robeez Guitar leather booties in pastel blue, a dozen blue Happy Heineys reusable diapers and a blue MiGi baby blanket, the website says.

"She told people she was having a boy," says a

source. "They were so excited to be picking out things for a little boy."



METRO
NEWS
SERVICES

Fairytale romance over for David

RELATIONSHIP Intouchweekly.com is reporting the once fairy-tale romance of American Idol stars Kimberly Caldwell and David Cook is kaput. A rep for Kimberly confirms, "Kimberly and David ended their relationship just before the holidays. The couple remain good friends and being very private people, appreciate their privacy at this time."



METRO
NEWS
SERVICES

Kate's body gets rave Hollywood reviews

PEOPLE Oprah Winfrey is proud of Kate Winslet's real golden globes, us-magazine.com reports.

"I love the fact that you have real breasts, 'cause in all the breast scenes, your breasts do what real breasts do," she said Tuesday on The Oprah Winfrey Show.

"There's that wonderful thing, you know, if you are a woman, you're lying on your back, your breasts they go to — they part — but if you look at a woman with not real breasts, their breasts are sticking straight up," she told the actress, who won two Golden Globes Sunday.

"That's how you know. God bless your real

breasts!"

Halle Berry also finds Winslet stunning: She recently remarked that "Kate Winslet is always naked, sitting on a toilet, or running buck naked. I want to be the kind of actress who can really be comfortable with my body like that."

"That's so amazing,"

Winslet — who bares it all in her new drama The Reader — recently told Parade. "That is worth the pain! I am thrilled to hear some-

one like Halle say something like that. But what I

would want to

say to her is,

'Well, you

can,' be-

cause all I

do is say, 'I

don't give

a —!'"

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Media twisted my words: Nicole

MEDIA Nicole Kidman claims the media has twisted her words, femalefirst.co.uk says. After reports that she is unhappy with her performance in new movie Australia, she insists that her comments have been hugely misinterpreted, the website adds.

The Moulin Rouge star said in an interview with Sydney radio station 2DayFM, that she

"can't look at this movie and be proud of what I've done." She added that she couldn't "connect to it emotionally."

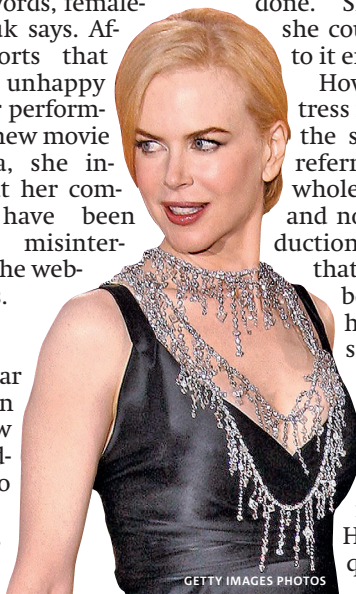
However, the actress is adamant that she was in fact referring to her whole body of work and not just this production. She claims that she can never bear to watch herself on screen.

A representative for the actress told Australian newspaper The Sydney Morning Herald: "It is quite ridiculous

for anyone to believe that reports if they listened to the actual interview. It's hard to believe some of the world's media have fallen for it."

The article printed in Australian newspapers stated: "Miss Kidman, who attended the premiere with country singer husband Keith Urban, said: 'I can't look at this movie and be proud of what I've done. I sat there and I looked at Keith and went, 'Am I any good in this movie?'"

The star appears opposite Hugh Jackman in the newest tale by Baz Luhrmann, which opened up last month to mixed reviews. **METRO NEWS SERVICES**



GETTY IMAGES PHOTOS

No love for U.S. theatre audiences, Daniel says

CAREER Daniel Radcliffe has blasted American theatre-goers, femalefirst.co.uk reports.

The 19-year-old actor — who is currently appearing in the Broadway play Equus — says American audiences are noisy and rude and have no respect for the arts.

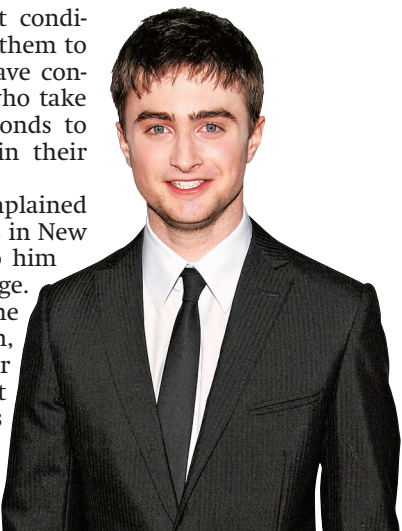
The Harry Potter star said: "I would like to initiate an initiative, the Broadway Annoying Audience Member Relocation Programme, so we can lose the people whose phones ring more than three times, that have

the kind of throat condition which causes them to cough like they have consumption, those who take more than 10 seconds to find whatever is in their plastic bag."

Daniel also complained audience members in New York try to talk to him while he is onstage.

He said: "One night, I hear 'Dan, Dan, look up' for the entire first act of the play. It was these four girls trying to talk to me."

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Britney moving on up

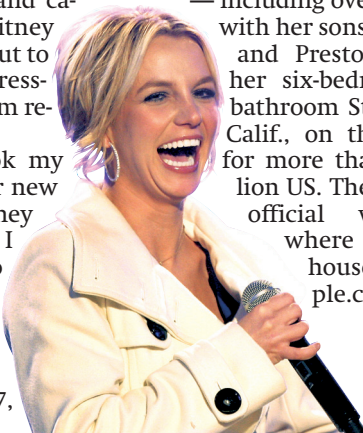
PEOPLE With a new outlook for her life and career, Britney Spears is about to change addresses, people.com reports.

"I just took my babies to our new home and they loved it! I can't wait to move in," the pop star says on her website.

Spears, 27,

who has visitation rights — including overnights — with her sons Jayden, 2, and Preston, 3, put her six-bedroom, six-bathroom Studio City, Calif., on the market for more than \$7 million US. There was no official word on where the new house is, people.com adds.

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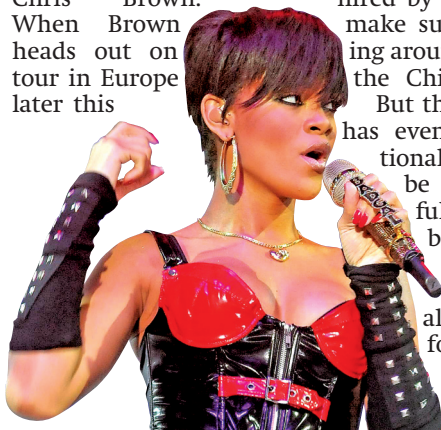
Rihanna sends out spy

RELATIONSHIP Rihanna is apparently more than a little suspicious of boyfriend Chris Brown. When Brown heads out on tour in Europe later this

month, he'll reportedly be visited periodically by a female private investigator hired by Rihanna "just to make sure he's not fooling around," a source told the Chicago Sun-Times.

But that's not all. "She has even hired an additional 'mole' who will be part of the tour full time ... a member of Chris' team, but someone he doesn't realize is also spying on him for Rihanna."

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Wedding bells for Depp?

MARRIAGE Wedding bells may finally be ringing for Johnny Depp. The reclusive actor is said to be planning to marry his longtime girlfriend, Vanessa Paradis, in a private ceremony on the grounds of their \$1.25 million US French estate, according to the National Enquirer.

"They're planning to marry in April," a source told the tabloid. "They want a really small wedding with only 50 family

and close friends."

Depp and Paradis have been together for 10 years and have two children together, nine-year-old Lily Rose and six-year-old Jack.

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Emma talks weight loss

HEALTH Baby Spice may have been nicknamed "Chubby Spice" for her ongoing weight battle, but Emma Bunton is now showing off her post-baby figure — more than a year after the birth of her son, Beau, who's now 17 months old, people.com reports.

"I put on a normal amount when I was pregnant with Beau, but it took me a year to get back to the weight I'd

been before he was born," the singer, 32, tells Britain's Daily Mirror.

"I did it very naturally and slowly," she says. "I went to the gym two or three times a week and ate healthily. I breastfed, so you can't go on stupid strict diets."

People.com reports that happy with the results, Bunton is keeping in shape by heading out for a run or walking the dogs she shares with partner Jade Jones — a former singer who's now a chef at a top London hotel.

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